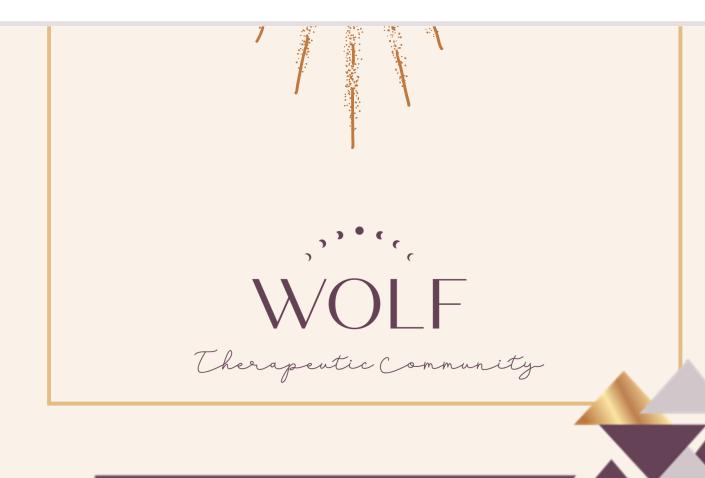


## EMDR Therapy Immersions



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## Welcome

### **About Wolf Therapeutic**

Wolf Therapeutic Community is my small private practice on Wathaurong Country (Geelong). Since 2022 I have been offering high quality trauma and mental health care, neurodivergent affirming practice, and professional training..

My clinic space is built with trauma therapy in mind. It has plenty of natural light, two entry / exits, choice of seating, blankets, floor cushions, sensory adaptations, hot and cold drinks, music, and outdoor seating.

#### **About Claudia**

I am an Accredited Mental Health Social worker & yoga teacher, member of the queer community, and a late-identified neurodivergent mother. My loves include yoga, reformer pilates, bush walks, waterfalls, and sitting amongst huge trees.

I am tertiary qualified in Social Work, & Health Science, Mental Health, Alcohol & other Drugs, and hold a Graduate Certificate of Developmental Trauma. I am Accredited in EMDR therapy, Advanced Clinical Resource Therapy, Acceptance Commitment Therapy & more.



## About Eye Movement Desensitsation and Reprocessing (EMDR)

EMDR therapy is firmly established as a leading trauma therapy and mental health treatment. It is an 8 phase therapy which includes stages for planning, emotional preparation, reducing distress of old traumas, & supporting you to make new positive beliefs.

EMDR utilises 'bilateral stimulation' and in your sessions we may utilise left-right eye movements, self-adminitersed tapping on the body, or holding 'buzzies'.

I offer a unique, organic approach to online and in-person clients, integrating EMDR therapy, parts work, and somatic/body practices. This is particularly useful for complex PTSD and attachment trauma.

Supporting

PTSD | Anxiety | Depression

Chronic Pain | Grief | Stress

& more

## EMDR Immersions

RETREAT FROM THE DEMANDS OF LIFE WITH A FOCUSED APPROACH TO EMDR THERAPY, PLUS A SERIES OF LUXURY INCLUSIONS.

Intensive format (EMDR) therapy is becoming popular world wide. It can be hard to fit therapy into your schedule- whether you are a parent, shift worker, first responder, or just live a very full life.

Most people just want to move on from trauma, physical pain or mood difficulties. Immersions (intensive format EMDR) involve attending several, longer therapy sessions in a short period of time (e.g. over the course of one week) to gain relief sooner.

Our in-person Immersions are designed to be experienced in the style of a day-retreat.

Nourishing inclusions on top of the therapy sessions encourage you to engage in self-care to support your investment.

WORK THROUGH
CHALLENGES

BUILD INTERNAL RESOURCES

DEVELOP POSITIVE ACTIONS FOR THE FUTURE

IMPROVE MENTAL HEALTH

ONLINE OR IN PERSON



### How it works

You will undertake an intensive program of Relational Integrative EMDR therapy. This will take place over one week or fortnight, with an online preparation session before hand (7-13 hours total).

In-person clients may choose a package of nurturing retreat-style activities on top of therapy.

Your EMDR immersion is designed to be gentle on the nervous system whilst exploring up to 3-6 months worth of therapeutic work. We will prioritise your regulation, ensuring each session is paced to foster safety and stability.

#### 1 WFFK

3 double EMDR sessions (equivalent 6 therapy sessions)

### 2 WEEK

6 double EMDR sessions (equivalent 12 therapy sessions)

WEEKEND
2 X 3-HOUR SESSIONS



## Benefits

- FLEXIBLE
- SHORT TIMEFRAME
- PROFOUND CHANGE
- EVIDENCE-BASED

## Immersion Inclusions



- Nourishing self care box
- Hand-designed journal
- Optional nature or art therapy integration session
- Digital resource pack/ guide
- 3 month online access to movement & breath work
- Morning tea (in-person clients)

## In-person Add on package

BODY BASED SESSION (e.g. Massage, float, or EFT tapping session)

&

MOVEMENT SESSION (e.g. 1:1 yoga session, studio based yoga class, or similar )

&

SPA/SAUNA/ COLD PLUNGE SESSION (e.g. Bathhouse or recovery space visit) LEARN TO RECOGNISE BALANCE & FOSTER RESILIENCE

RESTORE YOUR
NERVOUS SYSTEM

INTEGRATE THE NEW MIND BODY SHIFTS

FEEL CONNECTED TO YOURSELF & THE PRESENT



# Example Itinerary

### **MONDAY**

Morning - EMDR session
Afternoon - Local massage
Evening - online meditation &
early night

### **TUESDAY**

Morning - art therapy session at

Buckley's Falls

Afternoon - EMDR session

Evening - online trauma informed

stretching

### WEDNESDAY

Morning - EMDR session
Lunch- Self-guided Breamlea
beach walk
Afternoon - Local yoga class



## Compatibility

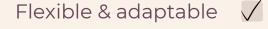
you.

- Are connected to supportsfriends, family, a therapist
- Have existing skills to manage emotions between sessions
- Can 'feel' the impact of traumatic memories
- Have clear goals to resolve one major life issue
- Seeking an episodic, short term therapy block



EMDR Immersions can be a powerful tool but they are not suited to everyone. The intensive format is ideal for certain clients.





Lived experience

Neurodiversity & gender affirming

Experienced & highly qualified





"I welcome any questions you have to assess our compatibility". Compatibility

After exploring your compatibility for the Immersions program, I may recommend a better fit, such as a standard therapy approach. This could be to:

- Define goals
- Finish a life transition
- Develop foundational coping skills

You might also proceed with an Immersion week to focus on building these skills. Learning to manage life differently is an incredible investment in yourself.

If you've already done some foundational work and are looking for the next step in your wellbeing, Immersions can offer the deeper exploration you need.

Choosing a provider to invest your precious time (and money) in is a big decision. Both the program and therapist should feel 'right'.



# INVESTMENT & PACKAGES

### IMMERSION RETREAT PACKAGE

20 minute Connection/ discovery call (free of charge)

50 minute online EMDR preparation session

Weekend, 3 day or 6 day block EMDR sessions (3-6 month therapy equivalent)

Participant guide book

Luxury Inclusions (pages 6 & 7)

## CONNECT PACKAGE

HIGH QUALITY INTENSIVE EMDR THERAPY - WITHOUT THE FRILLS.

20 minute Connection call (free of charge)

50 minute online EMDR preparation session

3x or 6x double EMDR sessions (3-6 month equivalent)

Participant guide book & Immersion gift pack (p 6)

### INVESTMENT

IMMERSION RETREAT PACKAGE
(1 WEEK/ WEEKEND)
\$2460

IMMERSION RETREAT PACKAGE
(2 WEEKS)
FROM \$4140

CONNECT (BASE)
IMMERSION

1 WEEK \$1960 2 WEEKS \$3640

## Moving Forward



We welcome general enquiries about EMDR Immersions.

When you're ready to take the first step, you will be sent a form to assess compatibility with the Immersion Program.

You will then have the opportunity to speak further with us during a 20 minute Connection/ discovery call.

We will help you decide if an Immersion is right for you.

### **BOOKINGS**

- Deposit required to secure Immersion dates
- Price is all inclusive
- You will receive a Guidebook to help you get the best out of your experience.
- You will receive your welcome pack / Inclusions by your first session

